



Half Marathon Pace Chart

Goal Time	Race Pace	800s	Easy Run	Recovery Jog	Long Run
1:35-1:40	7:15-7:38	3:07-3:49	7:40-9:00	8:45-9:45	7:45-9:20
1:40-1:45	7:38-8:01	3:49-4:00	8:00-9:24	9:10-10:13	8:05-10:00
1:45-1:50	8:01-8:24	4:00-4:12	8:24-9:45	9:30-10:30	8:30-10:00
1:50-1:55	8:24-8:47	4:12-4:24	8:45-10:00	10:00-11:00	8:45-10:20
1:55-2:00	8:47-9:10	4:24-4:35	9:10-10:30	10:15-11:20	9:10-10:50
2:00-2:05	9:10-9:32	4:35-4:45	9:30-10:45	10:30-11:30	9:30-11:00
2:05-2:10	9:32-9:55	4:45-4:57	9:55-11:00	10:55-12:00	9:55-11:30
2:10-2:15	9:55-10:18	4:57-5:09	10:15-11:20	11:15-12:20	10:15-11:50
2:15-2:20	10:19-10:41	5:09-5:20	10:30-11:45	11:30-12:50	10:30-12:15
2:20-2:25	10:41-11:04	5:20-5:32	11:00-12:00	12:00-13:00	11:00-12:30
2:25-2:30	11:04-11:27	5:32-5:43	11:20-12:20	12:20-13:20	11:20-12:50
2:30+	11:27+	5:43+	11:45-12:30	12:45-13:30	11:45-12:45